

30s

Dr. Lisa M. DiFrancesco, a double-board certified plastic surgeon with DiFrancesco Plastic Surgery (drdifrancesco.com), stresses the importance of sunscreen for face and body. "The décolleté and hands are highly visible areas which, when heavily sun damaged, can make you appear older than you really are," she notes. "The daily application of sunscreen can prevent these signs of early aging."

THE MUST-DO

SmoothShapes If you are uncomfortable with the dimples on your derriere, consider this noninvasive laser used for reduction in the appearance of cellulite. SmoothShapes employs photomology technology to stimulate natural metabolic processes that can decrease underlying causes of cellulite, like edema or poor circulation. \$800, *Sculpted Contours*, 550 Pharr Road, Ste. 630, 404.872.8578, sculptedcontours.com

ALSO CONSIDER

Strawberry Laser When placed on the skin, this non-invasive, painless cold red laser liquefies body fat by pulling the triglycerides from the fat cells. The average client loses about two to three inches abdominally in a 20 minute treatment, and is as permanent as if you exercised it away. \$200 per treatment, *Plastikos*, 4370 Georgetown Square, 770.457.4677, plastikos.com

Lifestyle Weight Loss After finding himself frustrated with his own weight loss efforts, Dr. Jay Kulkin was motivated to launch Lifestyle Weight Loss. The concierge approach to slimming offers clients 24-hour access to advice, personalized grocery lists

and meal-planning tools—but most of all, strong support in the battle of the bulge. \$300 for the first month, \$150 for each additional consult, *WIFH*, 1140 Hammond Drive, 404.832.0300, with.com

Liposuction Liposculpture of the abdomen, hips, flanks and thighs can help sculpt problem areas of fat that persist despite diet and exercise. Laser liposuction not only removes the fat but promotes skin retraction after fat removal, optimizing body contour. The procedure has minimal downtime and the results are well-maintained with moderate weight gain or loss. \$2,600-\$7,500, *DiFrancesco Plastic Surgery*, 1800 Howell Mill Road NW, 404.377.3474, drdifrancesco.com



The Body

"It doesn't matter how old you are, CoolSculpting is the best noninvasive procedure for eliminating stubborn areas of fat almost anywhere on the body."

-SCULPTED CONTOURS CO-FOUNDER KATHY KING

PHOTO BY ALEKSANDRA KOWACZ/STOCKSY